



# CALORIE BURNERS

Here are ways that you can burn off those extra calories during the day (based on a 150 pound person over a period of one half hour).



**220**  
Cycling



**234**  
Soccer



**301** Swimming



**338**  
Jogging/Treadmill



**216**  
House Cleaning



**306**  
Climbing Stairs

**274 to 348**  
Tennis



**238**  
Skating



**220**  
Karate



**207**  
Hiking



**200**  
Basketball



Walking  
**103** - Stroll  
**126** - Brisk  
**148** - Fast



**180**  
Yoga



**117**  
Dancing (fast)



**300**  
Aerobics (High-impact)



**176**  
Softball



**162**  
Gardening



**103**  
Bowling



**103**  
Weight Lifting



**153**  
Washing Car

The Surgeon General recommends that you get 30 minutes of physical activity every day of the week.

Numbers of calories burned are estimates and may vary between different individuals.